



# Des Moines/ Normandy Park Senior Activity Center




## Create Your Own Sunshine!



**Summer 2018**



Des  
Moines  
Activity  
Center  
Staff



Des Moines Activity Center

Business Hours:Monday-Friday 9am-4pm

Street: 2045 S 216th, Des MoinesFront Office: 206.878.1642

Mail Address: PO Box 98576www.desmoineswa.gov/seniors

Des Moines, WA 98198

Patrice Thorell, Parks, Rec & Senior Services Director  
Sue Padden, Senior Services Manager  
Charisse Gregory, Office Manager  
Natalie Lavoie, Recreation Specialist  
Karna Coyle, CCS Nutrition Coordinator -M-W  
Aida Martinez, CCS Nutrition Latino Coordinator-TH  
Eduardo de La Cruz, Sea Mar Program- TH

Bus Routes: 156 & RapidRide A Line  
Facility Rentals: Events & Facilities Coordinator: 206-870-9370

Holiday	Monday, May 28	Memorial Day
Closures	Wednesday, July 4	4th of July
	Monday, Sept 3	Labor Day

2018 Des Moines City Council

Matt Pina., Mayor  
Luisa BangsRob Back  
Matt MahoneyJeremy Nutting  
Traci BuxtonVic Pennington, Deputy Mayor  
City Manager: Michael Matthias

2018 Normandy Park City Council

Shawn McEvoy  
Susan WestSue-Ann Hohimer  
Patrice McDonaldMike Bishoff  
Jonathon Chicquette, MayorMichelle Sipes-Marvin  
City Manager: Mark Hoppen

2018 Senior Services Advisory Committee

2 Openings available  
Sheila DahlgrenJill Martin  
John McEvoyDorothy Smith  
Call Sue Padden, 206-878-1642, for information on the committee and when it meets.

Photo Reminder: Photographs are frequently taken during our programs and events and used for the City of Des Moines use in marketing and may be used in newsletters, brochures, flyers or online public relations.



Disclaimer: This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Each is responsible for making informed decisions regarding these services, programs or products.

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Sound Generations, and through the generous contributions from our many participants. Thanks!





### Rainbow Bingo is back in October!!

Start getting your table of 8 together!

Ask to be on our Bingo Email Blast to get event updates.

### Dance for Parkinson's

(For adults with movement issues)

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Funding support from Des Moines Legacy Foundation. **BEGINNING THIS QUARTER-** Register in advance by calling Shawn Roberts, Seattle Theatre Group, 206-518-5232 or in person the first class at Des Moines Activity Center where the class is held. **\$5 Suggested Donation**

Mon 6/4 -7/23 2-3:30pm DMAC



### Sunday Walks!

Gary McNeil with Des Moines Legacy Foundation is hosting local walks on a Sunday each month. The location and routes of the walks are subject to

change. Updated information can be obtained from [dmlegacy.org](http://dmlegacy.org) or on [Meetup.com](http://Meetup.com) by searching for Des Moines Waterland Walking Group. **Sunday 11:00am**  
**June 17** Meet at Saltwater State Park by the bathrooms. Take a tour of the Sonju Community Gardens.

**July 15** Meet at the northwest corner of Des Moines Marina near the fishing pier. Explore the 2 ¼ mile Des Moines Creek Trail.

**August 19** Meet at the Redondo pier near the sculptures and bathrooms. Walk the boardwalk and explore the neighborhood, beach, and park.

### Sunday Dances

Dancing stimulates your mind, body and soul! Waltz, Jitterbug, Swing....move to the live music of Randy Litch on our beautiful hard wood floor. Adults of all ages welcome!

4th Sunday of the Month

1-3pm \$5 DMAC

June 24

July 22



Adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health will receive free fitness class enrollment for our Enhance Fitness classes! Please check with your insurance to see if you are eligible and let's get you enrolled!

### Enhance Fitness (Silver & Fit / Kaiser eligible)

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Cosponsors: Kaiser Permanente and Sound Generation. Instructor: Yu San Gartz

Tues/Thur/Fri Field House  
Drop-in fee \$5

Jun 1-29\*\* 8-9am or 9:20-10:20am \$52

Jul 3-31 8:20-9:20am \$52

Aug 2-31 8:20-9:20am \$56

\*\* Hours Change to ONLY 8:20-9:20am starting June 18th



## WHY CLASSES/ PRESENTATIONS GET CANCELLED

Nothing hurts a great program faster than waiting until the last minute to register.

**PLEASE REGISTER WELL  
IN ADVANCE, EVEN IF FREE!**

We make cancellation decisions a week before class is scheduled.

## Art Workshops

### Alcohol Ink on Glass

Learn the technique of using special inks to paint glass items. You can't make a mistake when using this technique! Use different tools to create a variety of affects such as straws to blow the ink around, paintbrushes, and dobbling tools. Come create a special piece of artwork for you or a friend. Supplies are included. Instructor: Debi and Debbi

Fri June 29 9-11am \$25 DMAC

### Paint & Sip

There is an artist hidden in all of us! Enjoy coffee and tea while you create a beautiful scenic view step by step! Receive easy instructions and guidance to paint your first masterpiece. No art skills are required! Supplies are included. Instructor: Linda Upshaw

Thurs July 12 1:30-3:30pm \$30 DMAC



### Dragon Eggs

Create a one of a kind dragon egg with over 200 thumb tacks and paint! Supplies are included. Instructor: Debi and Debbi

Fri July 27 9-11am \$30 DMAC

### Paint for Your Life

Linda Upshaw creates a relaxing and flowing environment to inspire your creative juices. Music, poetry, and movement will be used to expand your mind and open you up to new artistic expression. Creative materials will be supplied to bring depth to your canvas. Please feel free to bring your own art material as well such as magazines, buttons, etc.

Thurs August 23 1:30-3:30pm \$30 DMAC



## Metro Transit LINK Instruction Program

Are you interested in learning more about riding public transportation in King County but are unfamiliar with or reluctant to use the Link light rail system? Metro Transit Instructional Training Program provides a classroom style orientation on the use of public transportation, as well as offering a guided community instructional outing on King County public transportation system (five or more individuals) and Metro pays the fare. This presentation is a prerequisite to the field trip.

### Part One: In-House Presentation

Time will be focused on how to ride and navigate LINK light rail. Topics covered are boarding, recognizing the information at a bus/LINK stop, transferring from LINK to buses, and problem solving skills while on LINK. The presentation also includes using your ORCA card, paying with cash, and more.

Thu Jun 21 9:30-11am - Spanish  
1-2:30pm - English

### Part Two: Community Instructional Outing

This is your chance to practice what you learned during the presentation. The escorted trip will help you to have the confidence and skills to be successful and independent as you ride the LINK light rail. The destination is from the new Angle Lake LINK Station to the UW/Husky Stadium Station, with a stop at the International District Station for lunch: Uwajimaya, anyone?????

Fri Jun 22 9:30am - Spanish  
Thu Jun 28 9:30am - English



## AARP Smart Drivers Course

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program. Payment collected on first day of class in either check or money order form. Adults Age 50+ \$15AARP Member/\$20AARP Non-member

Tue/Wed Aug 14-15 10am-2:30pm DMAC

## ORCA Reduced Fare Permit

Get your SENIOR reduced price ORCA card here.....not available at the local vendors. Adult, youth, senior and disabled regional reduced fare permits, E- purse value or a monthly pass.

Age 65+

Wed Aug 15 10am-12noon DMAC



Presentations are FREE unless otherwise noted & held at Des Moines Activity Center. Register in advance online or by calling 206-878-1642.

## Eat the Rainbow

A fun way to eat more healthy foods! Did you know that different colors represent different nutrients and phytonutrients that support our health? Eat the Rainbow focuses on eating all the colors of the rainbow each day. Bridget Kubes from the Garden Truck will share how to bring more color and nutrients into your diet, along with handouts and charts to track colors. Let's add some color to our diet!

Thu	Jun 7	11am	Spanish
Wed	Jul 18	11am	English



## Aviation History- B17 Pilot "Tales from the Sky"

This World War II pilot flew his B17 back to base after battle with the Germans over Berlin with over 300 bullet holes in the plane. Join us as we hear the powerful stories from Richard Nelms, 95 year old retired Army Air Corp pilot who flew 35 combat mission into Nazi occupied territory. Captain Nelms was involved in four battle campaigns, including Normandy. He was awarded the Air Medal five times along with the Distinguished Flying Cross.



Thu	Jun 7	7pm
-----	-------	-----

## Speaking of Dying Workshop

Following the introductory film Speaking of Dying: Living Deeply, Dying Well, Des Moines Legacy Foundation is hosting a four week facilitated workshop about end of life planning. The workshop is limited to ten adults 50 years and older. In this workshop you will create a resource binder with articles, prepare meaningful legacies and a legal Advanced Directive with safeguards, help your loved ones by speaking more comfortably about death and contemplate your own mortality, reflecting on your values. Do your loved ones a huge favor by speaking openly about your wants before there is a health crisis. Instructor: Jennifer Kropack, Heartwork Circles, Certified Facilitator.

Adult 50 and up

Tue	Jun 5- 26	4-5:30 pm	\$20
-----	-----------	-----------	------

## SKC Fire and Rescue Presentation- Fire Safety and Fall Prevention

The fire department is asked to serve many needs in our community from fires and rescues to medical emergencies and social service help. In fact the fastest growing type of 911 calls is for non-emergency needs, help up after a fall, behavioral health needs and injury prevention. Your fire department is on the leading edge of responding to these types of calls through the addition of social workers to our team. Captain Jeff Belinghausen will introduce you to the program and provide fire safety information and answer your fire department questions.

Tue	Jun 14	11am
-----	--------	------

## Kitchen Scrap Gardening

Did you know you can use the ends of scrap vegetables and regrow them? Most vegetables can be regrown from the end scraps you throw away; onions, celery, lettuce, herbs, tomatoes, peppers and more! Join Bridget Kubes from the Learning Garden Truck as she demonstrates how to grow food from kitchen scraps. It's an easy way to start a garden right in your own kitchen!

Wed	Jun 20	11am	English
Thu	Aug 9	11am	Spanish

## All About Hospice

Join our volunteer social worker Gerry Stone and staff from a local Hospice to learn the do's and don'ts and what exactly hospice care provides.

Tue	Jul 24	11am
-----	--------	------

### Des Moines Waterfront Farmers Market

## SATURDAYS

June 2 - Sept. 29  
10 a.m. - 2 p.m.

Located in the Des Moines Marina

Follow us on Facebook for the latest news and announcements

[www.dmfm.org](http://www.dmfm.org)

## Sue's Next Adventure



As many of you know by now, after 44 years in the rewarding field of Parks, Recreation and Senior Services, my last day with the City of Des Moines is Friday, June 28, 2018.

My 22 years as the senior services manager for the City of Des Moines has been the most rewarding job of my career.....and it is because of each of you. What joy you bring me every day with your smiles, your jokes, your stories, your compassion and your good fun. HOW I WILL MISS EACH AND EVERY ONE OF YOU!!! You

have taught me that it's ok stand firm for what I believe is right, that giving is much more rewarding than receiving, that laughter is the best medicine and that it's not the years in your life that count, it's the LIFE IN YOUR YEARS.

You have also shown me how to start my next adventure with hope, wonder and joy in the moments. I plan to read a book a week, see a good movie every week, volunteer for the Pierce Co. Humane Society, travel in the motor home, and deliver meals on wheels in Tacoma. And, I plan to visit the center for lunch because YOU are my home, you are my heart, you are my joy, you are my laughter and you are my Washington family. I cannot begin to thank each of you for your trust, kindness, hugs, life lessons and support.

I must also give a huge thanks to the Des Moines Legacy Foundation board of directors who for twenty years have provided our senior center, our recreation programs, our arts and our parks with grants and funding to ensure that Des Moines is a safe and caring community for residents of all ages.

I can't leave you without one last crazy special event, so please join us Thursday, June 13, 2-4pm at the senior center for a 70's Disco Party. We'll have

music, props, and treats but most of all I hope to have photos taken of me with each of you. 70's disco outfits encouraged! And promise me.....NO SPEECHES!



**YOU are in my heart always and  
forever.....Sue**







*Sue and Patrice's  
Retirement*

# DISCO PARTY!

Celebrate their amazing careers!

WEDNESDAY, JUNE 13 FROM 2-4PM AT THE DMAC



## June 2018 National Safety Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Enhance Fitness Hort-Bassetti's Crooked Arbor Gardens	<b>2</b>
<b>3</b>	<b>4</b> Dance for Parkinson's Golf-Lake Limerek	<b>5</b> Enhance Fitness Speaking of Dying Workshop	<b>6</b> Trip-Meeker Mansion Tour/Tea Service	<b>7</b> Enhance Fitness Eat the Rainbow-Span Aviation History	<b>8</b> Enhance Fitness OTL-Fish Brewing Pub	<b>9</b>
<b>10</b>	<b>11</b> Dance for Parkinson's	<b>12</b> Enhance Fitness Speaking of Dying Workshop	<b>13 SUE'S PARTY</b> Trip-WA Park Arboretum Tram Tour	<b>14</b> Enhance Fitness Fire Safety and Fall Prevention	<b>15</b> Enhance Fitness	<b>16</b>
<b>17</b> Sunday Walk	<b>18</b> Dance for Parkinson's Golf-Mystery Trip	<b>19</b> Enhance Fitness Speaking of Dying Workshop	<b>20</b> Kitchen Scrap Gardening-Eng Trip-Vintage Vehicle Tour	<b>21</b> Enhance Fitness Metro Transit LINK- P1	<b>22</b> Enhance Fitness Metro Transit LINK- P2-Span	<b>23</b>
<b>24</b> Sunday Dance	<b>25 Memorial Day</b> <b>CLOSED</b>	<b>26 Memorial Lunch</b> Enhance Fitness Speaking of Dying Workshop	<b>27</b> Trip-Pacific Bonsai Museum Tour	<b>28</b> Enhance Fitness Metro Transit LINK- P2-Eng Trip-The Color Purple	<b>29</b> Enhance Fitness Alcohol Ink on Glass Hort-Mountlake Terrace Gardens	<b>30</b>



## July 2018 National Ice Cream Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Dance for Parkinson's Golf-Enimclaw	<b>3 July 4th Picnic</b> Enhance Fitness	<b>4 4th of July</b> <b>CLOSED</b>	<b>5</b> Enhance Fitness	<b>6</b> Enhance Fitness	<b>7</b>
<b>8</b>	<b>9</b> Dance for Parkinson's	<b>10</b> Enhance Fitness	<b>11</b> Trip-One Hour Deception Pass Tour	<b>12</b> Enhance Fitness Paint & Sip	<b>13</b> Enhance Fitness OTL-Le Grand Bistro American	<b>14</b>
<b>15</b> Sunday Walk	<b>16</b> Dance for Parkinson's Golf-Madronna	<b>17</b> Enhance Fitness	<b>18</b> Trip-Discover Port Gamble Eat the Rainbow- Eng	<b>19</b> Enhance Fitness	<b>20</b> Enhance Fitness Hort-Bergford Garden	<b>21</b>
<b>22</b> Sunday Dance	<b>23</b> Dance for Parkinson's	<b>24</b> Enhance Fitness All About Hospice	<b>25</b> Trip-Lake Quinault Nature Bus Tour	<b>26</b> Enhance Fitness	<b>27</b> Enhance Fitness Hort-Ghosthorse Hollow Dragon Eggs	<b>28</b>
<b>29</b>	<b>30</b> Golf-Casacade	<b>31</b> Enhance Fitness				





## August 2018 National Golf Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Trip-Seattle Mariners vs. Houston Astros	<b>2</b> Enhance Fitness	<b>3</b> Enhance Fitness Hort-Denise Lane's Garden & Wells Medina Nursery	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Enhance Fitness	<b>8</b> Trip-Shopping in Sumner	<b>9</b> Enhance Fitness Kitchen Scrap Gardening-Span	<b>10</b> Enhance Fitness OTL-Buddy Bay Cafe	<b>11</b>
<b>12</b>	<b>13</b> Golf-Meadow Park	<b>14</b> Enhance Fitness AARP	<b>15</b> Trip-Buffalo Soldiers & Job Carr Museums Tour AARP ORCA	<b>16</b> Enhance Fitness	<b>17</b> Enhance Fitness Hort-Soos Creek Garden	<b>18</b>
<b>19</b> Sunday Walk	<b>20</b>	<b>21</b> Enhance Fitness	<b>22</b> Trip-Port of Tacoma	<b>23</b> Enhance Fitness Paint for Your Life	<b>24</b> Enhance Fitness	<b>25</b>
<b>26</b>	<b>27</b> Golf-Horseshoe Lake	<b>28</b> Enhance Fitness	<b>29</b> Trip-Tulalip Casino	<b>30</b> Enhance Fitness	<b>31</b> Enhance Fitness	



*Remodeled and Open*

**Our Independent Pharmacy Difference**

**We Fill Pill Organizers**

**Know you by Name**

**Delivery Service**

**Automatic Medication Refills and Synchronization**

**Refill Reminders**

627 S 227<sup>th</sup> St

Des Moines, Wa 98198

Tel (206) 878-2345 Fax (206) 878-6839  
<http://desmoinespharmacy.com>

### GERRY STONE, Social Worker

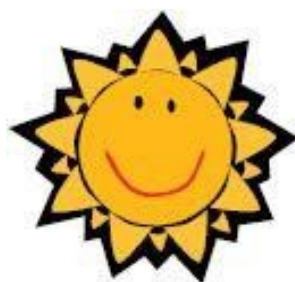
A wonderful "gift" to our center, staff would like you to meet volunteer Ms. Gerry Stone. Recently retired from the field of medical social work, with many years' experience in senior education, leading workshops, individual support and guidance to community resources, Gerry is at the center on Wednesdays, from 10am-2pm. Set up an appointment at 206-878-1642 or stop by and say hello. Her focus while at the center is on one counseling, grief support, resources and information, leading workshops (Medical Power of Attorney, Health Care Directives) and helping with health insurance, caregiver and depression issues.



**COLOR ME!!**

Some Days  
You have To  
Create  
your OWN  
Sunshine





# WELCOME SUMMER

C	X	A	G	N	B	H	R	C	I	Y	J	D	L	M	K	R	A	P	E	M	E	H	T
A	A	T	E	P	A	R	T	I	E	S	V	F	R	U	G	A	D	H	B	T	I	J	N
M	L	R	H	J	W	K	K	E	Y	S	E	I	L	F	E	R	I	F	B	L	E	U	K
P	B	M	N	T	K	E	O	Y	F	P	O	U	Q	I	W	X	R	I	H	F	S	M	O
I	L	D	V	I	C	E	C	R	E	A	M	R	X	S	D	W	Y	R	G	L	Y	P	Z
N	A	P	B	O	V	C	G	P	D	S	H	E	R	H	F	S	S	E	G	I	V	R	H
G	R	P	H	U	L	A	H	O	O	P	S	I	J	I	J	J	A	W	K	P	H	O	L
M	O	D	N	A	O	F	L	O	P	G	Q	J	R	N	S	K	N	O	T	F	U	P	V
W	L	F	X	P	Y	J	Z	L	A	A	W	E	S	G	B	L	D	R	C	L	P	E	D
E	L	H	F	J	G	O	H	X	I	Q	J	W	E	K	R	L	A	K	G	O	M	H	N
O	E	B	S	P	C	A	U	G	U	S	T	Q	I	C	R	X	L	S	U	P	Z	T	M
V	R	G	U	H	T	D	E	R	T	H	J	K	V	L	O	H	S	B	T	S	D	R	G
D	C	H	N	R	V	J	T	N	C	H	A	R	O	M	H	R	L	E	E	D	E	A	F
P	O	P	S	I	C	L	E	S	T	T	Y	U	M	O	Y	L	K	K	C	I	N	H	G
E	A	X	C	C	W	E	T	Y	K	C	S	G	N	A	E	M	I	E	F	A	H	A	Q
S	S	T	R	N	O	N	N	E	G	H	W	O	E	V	X	B	P	A	R	A	D	E	S
H	T	U	E	A	D	J	U	L	Y	R	I	B	J	R	K	E	Y	M	M	G	H	E	V
A	E	S	E	T	D	F	F	Q	W	T	M	E	R	E	T	A	Y	U	I	H	S	O	P
A	R	S	N	A	D	F	G	H	A	J	M	K	L	L	Z	C	X	C	V	S	B	N	S
M	Q	W	E	L	R	T	U	C	T	I	I	O	P	K	A	H	S	D	A	A	F	G	C
H	J	K	L	I	Z	X	A	C	V	B	N	N	M	N	Q	R	W	L	E	L	N	U	I
R	T	Y	E	E	U	V	I	O	P	A	G	S	D	I	F	G	G	H	J	P	A	J	N
Z	X	N	C	V	B	N	F	D	H	J	T	R	H	R	J	N	K	L	E	S	G	W	C
I	U	E	R	K	S	E	N	O	C	W	O	N	S	P	U	P	C	I	H	G	E	W	I
J	W	H	C	O	O	K	O	U	T	S	W	E	E	S	D	L	K	I	J	F	M	D	P

AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION

## Volunteer Trip Drivers Wanted!



### Meeker Mansion Tour and Tea Service, Puyallup

Visit an American Bracketed Villa from the golden age of Puyallup. Tea will consist of cucumber sandwich, scone, tart, lemon bread, pumpkin bread, fruit of the season, plus tea. NO LUNCH.

6/6 11:15am-3pm \$30

### WA Park Arboretum Tram Tour, Seattle

Learn about current seasonal highlights, new plantings, Arboretum history and educational programs from the comfort of a tram. Lunch at McGilvra's Bar & Grill.

6/13 9:30am-4pm \$25

### Vintage Vehicle Tour LeMay Collections at Marymount, Tacoma

See 500+ vintage vehicles, Americana, memorabilia and automobilia in our historic Marymount campus. Lunch at Olive Garden.

6/20 9am-3pm \$20

### Pacific Bonsai Museum Tour, Federal Way

A grand outdoor setting with over 150 bonsai and the most diverse public collection in North America with trees from Canada, China, Japan, Korea, Taiwan and the United States. With a rotating display of 60 trees and the changing of the seasons, there is always something new to see at the Museum. Lunch at Applebee's Bar & Grill.

6/27 10:30am-3pm \$20

### The Color Purple, Paramount Theater Seattle

Based on the 1982 novel by Alice Walker, the show follows the journey of Celie, an African-American woman in the American South from the early to mid-20th century. NO LUNCH.

6/28 THUR 12pm-5pm \$80

### One Hour Deception Pass Tour, Anacortes

Take a unique ride on a seated open deck boat and enjoy a 360° unobstructed view of the waters of Deception Pass. Look for wildlife and learn the tales of characters who navigated the area. Lunch at Country Corner.

7/11 8:15am-3pm \$40

### Trip Information & Policies

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted.

**Trip Registration:** Registration is taken on a first paid basis.

**Wait List:** Cancellations are filled *only* from the waiting list!

**The Trip Times reflect the actual departure time and the estimated return time.**

*We advise you check in 15-minutes prior to departure. The bus does not wait for late travelers.*

*We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.*

### Trip Cancellations, Refunds and Credits:

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds *or* credit must be received **5 business days prior to the trip date.**

Refunds are subject to a \$20 processing fee.

No refunds will be issued for trips costing \$20 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.

### Discover Port Gamble

From coffee to weddings, kayaks to delicious chocolates, the Port Gamble shops all have a unique story and are sure to please all of your senses! Lunch on your own.

7/18 8:30am- 4:30pm \$20

### Nature Bus Tour –Lake Quinalt, Olympic National Park

Enjoy a 4-hour tour of the Quinalt Rainforest in the comfort of a Tour Coach. Your guide will explain the history of the area, the early expeditions and the flora and fauna native to the rainforest. This unique tour takes you to the best photo points and you will get up close and personal with the rainforest on selected short walks. Bring a Bag Lunch.

7/25 6:45am-4:30pm \$60

### Seattle Mariners vs. Houston Astros, Safeco Field

Watched the Mariners take on the Astros in the final game of the 3-game series. Its also Mariners Baseball Card Pack Day! Lunch on your own at Stadium.

8/1 12-6pm \$40

### Shopping In Sumner

Known as the Rhubarb Pie Capital of the World, Downtown Sumner is all about the small-town charm. Shop the unique boutiques to find the perfect little gift. Lunch on your own.

8/8 9:30am-3:30pm \$10

### 9th & 10th Horse Cavalry Buffalo Soldiers Museum & Job Carr Cabin Museum Tour, Tacoma

Visit two of Tacoma's smaller museums. First learn about the lives of Buffalo Soldiers in the US military. Then step back in time to see how the first Tacoma settlers lived. Lunch at The Spar.

8/15 9:15am-4pm \$20

### Port of Tacoma Tour, Tacoma

Tour the Port and learn about the valuable jobs related to international trade all while relaxing in the van. Lunch at Poodle Dog Restaurant.

8/22 9:45am-2:30pm \$15

### Tulalip Casino

See if you are lucky! Experience impeccable service, unrivaled rewards and the most cash back of any Washington casino. Lunch on your own.

8/29 9am-3pm \$10



## Out To Lunch

Out To Lunch-Fridays      Transportation Fee: \$10  
 Enjoy no-host dining at northwest restaurants.  
 Departures: 10-10:45am      Return: 2:00pm

6/8	Fish Brewing Pub & Grill, Point Ruston
7/13	Le Grand Bistro American, Kirkland
8/10	Budd Bay Café, Olympia



Find us at:  
 Des Moines  
 Parks, Recreation  
 & Senior Services



## Summer Golf Outings

Transportation provided, or meet at the course. Players draw to determine playing partners & tee position.

Age 50+

\$10 transportation fee

Depart: 8/8:30am

Return time varies

Monday	Course	Green Fee
June 4	Lake Limerek, Shelton	\$18
June 18	Mystery Trip, ???	\$25
July 2	Enumclaw, Enumclaw	\$14
July 16	Madronna, Gig Harbor	\$20
July 30	Cascade, North Bend	\$26
Aug 13	Meadow Park, Lakewood	\$20
Aug 27	Horseshoe Lake, Port Orchard	\$20

## Summer Horticulture Outings

Explore lush and varied Northwest gardens and nurseries. The \$10 transportation fee does not reflect a no host lunch or garden admission fee.

Depart 9am unless otherwise noted.

Age 50 +

\$10 Transportation fee

Fridays	Destination
June 1	Bassetti's Crooked Arbor Gardens Borwn Bag Lunch at Gardens
June 29	Mountlake Terrace Gardens Lunch at Hook Seafood Broiler
July 20	Bergford Garden, Olympia Lunch TBD
July 27 8:30am	Ghosthorse Hollow, Snohomish Lunch TBD
August 3	Denise Lane's Garden & Wells Medina Nursery Lunch TBD
August 17	Soos Creek Garden, Kent Lunch TBD



### Weekly Activities

Monday	Wii Games & Sports	10am-1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Games & Sports	10am-1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
Wednesday	Crafting Corner	9-11:30 am
Wednesday	Cribbage	9-11:30am
Wednesday	Wii Games & Sports	10am-1:30 pm
Wednesday	American Mah Jongg	12:30-3 pm
Friday	Duplicate Bridge**	10am-2:30 pm
Friday	Pinochle	1-4 pm
Friday	Hand & Foot Cards	1-4 pm

**\*\*Pre-registration Required, call 206.878-1642**

### SECOND CHANCE SPRING CLEAN

Clean out your closets for spring and bring your items to our **SECOND CHANCE SPRING CLEAN!**

All donations support the services & programs at  
Des Moines/Normandy Park Senior Activity Center

**DATE:** Weeks of June 4-15

**TIME:** 9am-3:30pm

**WHERE:** DMAC Large classroom

Drop your donated items off at the center the week of May 28th.



**THANK YOU!**



### Sonju Community Garden Plots Available in 2018

Come and play in the dirt! Des Moines' only pea-patch garden has spaces available for the 2018 growing season. 6 x12 plot is \$25/year.

Assignments are made based on the order of applications received. We fill up every year, so email or call now to get on the list!

Sonju Community Garden is located at 24728 16<sup>th</sup> Ave S, Des Moines

Contact us at [friendsofsonjupark@hotmail.com](mailto:friendsofsonjupark@hotmail.com) or call Parks, Recreation and Senior Services at (206) 870-6527 for more information.

### Medical Lending Self Serve Closet *Making a Difference*

Are you slated for surgery and need Medical Equipment such as a bath bench, walker or commode during rehab?

Check out our *self-service* Medical Lending Closet!

You just might find what you need.

- ♦ Suggested donation requested.
- ♦ Equipment is available for short-term use.
- ♦ Available on a first-come basis.
- ♦ Items are clean when checked out.
- ♦ Items must be returned clean.



*Medical Lending Closet  
Des Moines Activity Center  
Monday-Friday 9:00am - 3:30pm*

We accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.

### LAW OFFICES OF

### REGEIMBAL, MCDONALD & YOUNG, PLLC

612 S. 227th Street  
Des Moines, WA 98198

Phone: 206-212-0220

Fax: 206-408-2022

Website: [desmoineselderlaw.com](http://desmoineselderlaw.com)





**Sea Mar Community Health Centers operate a Nutrition/Socialization program for Latino Seniors 60+.**

Thursdays 9:30am-1:30pm DMAC  
Contact Sea Mar Community Health Centers  
for more information: 206-766-6595

**Sea Mar**  
Community Health Centers  
Clínica de la Comunidad  
Exceptional service. Every person. Every time.

**Vickie Bergquist**

Thank you for  
sponsoring our  
Birthday lunches!!!



**Celebrate Your  
Birthday with us!  
Second Tuesday  
of  
every month.**



### ***Your DMAC Summer Wish List***

***Bath and Hand Towels***

***Flavored Teas (in their bag)***

***Computer Paper***

***Plastic Silverware***

***Small Paper Plates***

***Cocktail Cups and Napkins***

***Thank You!***



**NEW Suggested  
donation \$4/adults  
age 60+**

Wondering what's cooking?

Download the monthly menu from the city's website:  
[www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors).

**Memorial Day Tuesday, May 29 11:45am**

Remembering those we have lost serving our country.

**Father's Day Monday, June 18 11:45am**

Tie Contest-wear your the craziest tie you own!

**4th of July Picnic Tuesday, July 3 11am**

Be mystified by Tim Flynn, the Magician!



Thank you  
**STAFFORD HEALTHCARE**  
For contributing door prizes

**We Get By With A Little Help From Our Friends...  
And We Thank You All!**

Who keep us well stocked:

Kitchen Supplies: Gloria D and Bonnie Reister

Building Repairs: Ray Clarke, Michael Barth, and Glen

Building Supplies: Bobbi & David Chamberlain and  
Scott & Rita Eliason, Jane Gushnir

Cupcakes: Trellice Kreshel

MOW Treats & Coffee Mugs: Judson Park Human Good

Birthday Cards: Betty Lyons

**THANK YOU!!**



DES MOINES

ACTIVITY CENTER

2045 S. 216th

PO BOX 98576

DES MOINES, WA 98198

Proud Member of the Washington State Association of Senior Centers



**Community.  
Choice.  
Continuing Care.**

 **WESLEY**  
DES MOINES

816 S. 216th St., Des Moines, WA 98198  
[DesMoines.WesleyChoice.org](http://DesMoines.WesleyChoice.org)  
(206) 824-5000

Wesley is a not-for-profit organization offering a full spectrum of lifestyle options for aging well, including residential communities, in-home health and care services in King and Pierce counties.


### Secure Medicine Return Program

Bring leftover, expired, and unwanted medicines to participating pharmacies and law enforcement offices for safe disposal.

#### NEW DROP-OFF LOCATIONS:

- Normandy Park Access Pharmacy
- Des Moines Drug
- HealthPoint on Hwy 99

